

Method of stress check examination

2021 (令和3) 年度 ストレスチェック

English or
Japanese

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登録オプション

2021 (令和3) 年度 ストレスチェック

教師: 岡部 伸幸
教師: 宮道 力
教師: 黒木 清美
教師: 太西 勝

このコースにゲストはアクセスできません。ログインしてください。

click

続ける

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あなたは現在ゲストアクセスを利用しています (ログイン)

[2021 \(令和3\) 年度 ストレスチェック](#)

[データ保持概要](#)

[モバイルアプリを取得する](#)

Please click **続ける** and login with Okadai ID.



岡山大学
OKAYAMA UNIVERSITY

統合認証システムログイン

岡大ID

パスワード

Login

※共用パソコンの利用後はログアウトのためブラウザを完全に終了させてください。

※パスワードが不明の場合は[こちらをご覧ください](#)。

Enter the Okadai ID and Password.

If you forget your Okadai ID password,
click 「パスワードが不明の場合はこちらをご覧ください」.



岡山大学
OKAYAMA UNIVERSITY

ログイン先:
moodle.el.okayama-u.ac.jp

サービスの利用に必要な個人情報

email	<input type="text"/>
commonName	<input type="text"/>
jaDisplayName	<input type="text"/>
jaSurName	<input type="text"/>
jaGivenName	<input type="text"/>
staffNO	<input type="text"/>

氏名確認

このサービスにアクセスするには上記の個人情報が必要です。アクセスごとにこれらの情報を送信することに同意しますか？

同意の有効期間の設定:

- 次回ログイン時に再度確認する
- 今回は情報を送信することに同意します。
- 必要な情報が変更された場合に再度確認する
- 今回と同じ情報を今後も自動的にこのサービスに送信することに同意します。
- 今後は確認しない
- 今後アクセスするすべてのサービスにおいて、必要とされるすべての情報を送信することに同意します。

この設定は、ログインページのチェックボックスにていつでも取り消すことができます。

同意しない

同意する

Login to Moodle ,you may get the left message .

Access moodle systems with your personal information.

- 「次回ログイン時に再度確認する (need to confirm every time) 」
- 「必要な情報が変更された場合再度確認する (Don't need confirm it every time about Moodle)」
- 「今後は確認しない (Don't need confirm it every time about besides Moodle) 」

You choose one of the following,

click 「同意する(I agree)」

If you choose 「同意しない(Disagree)」 ,

You can't use the Moodle .

2021 (令和3) 年度 ストレスチェック

Dashboard ▶ My courses ▶ 2021 (令和3) 年度 ストレスチェック

NAVIGATION

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- My courses**

ADMINISTRATION

- Course administration
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 - Course completion
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 - Badges
 - Restore
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 - Reset
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 - Course files
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General

アナウンスメント

Topic 1

2021 (令和3) 年度 ストレスチェック

2021 The Brief Job Stress Questionnaire English version ← Click

The answer is one time.

2021 (令和3) 年度 ストレスチェック

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- Locally assigned roles
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- Check permissions
- Filters
- Logs
- Backup
- Restore

Course administration

Site administration

2021 The Brief Job Stress Questionnaire English version

Please take the examination during the implementation period (September 1 - 30, 2021).

[Answer the questions...](#)

Click

◀ 2021 (令和3) 年度ストレスチェック

Jump to...

2021 (令和3) 年度 ストレスチェック

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2021 The Brief Job Stress Questionnaire English version

[Print Blank](#)

1

A Please answer the following questions concerning your job.

1. Very much so 2. Moderately so 3. somewhat 4. not at all

	1	2	3	4
1. I have an extremely large amount of work to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I can't complete work in the required time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have to work as hard as I can	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have to pay very careful attention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. My job is difficult in that it requires a high level of knowledge and technical skill	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I need to be constantly thinking about work throughout the working day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. My job requires a lot of physical work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I can work at my own pace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I can choose how and in what order to do my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I can reflect my opinions on workplace policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. My knowledge and skills are rarely used at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. There are differences of opinion within my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please choose the items that applies your answers to each questions.

1. Superiors

2. Co-workers

3. Spouse, family, friends, etc.

5 How well will the following people listen to you when you ask for advice on personal matters?
 1. Extremely 2. Very much 3. Somewhat 4. not at all

1 2 3 4

1. Superiors

2. Co-workers

3. Spouse, family, friends, etc.

6 D Please answer the following questions concerning satisfaction.
 1. Satisfied 2. Somewhat satisfied 3. Somewhat dissatisfied 4. Dissatisfied

1 2 3 4

1. I am satisfied with my job

2. I am satisfied with my family life

Have you checked all of the items?
 Please send if can correctly answer.

Save Submit questionnaire

Click

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Please confirm that you are properly answering.

You are not mistaken, click Submit questionnaire.

Once you send it , you can't change it.

If you are not answer all question, you can't send it.

You choose save ,you can save answer temporarily.

You can resume within the period. (September1- 30, 2020)



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ADMINISTRATION

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Thank you for completing this Questionnaire.

もし回答に間違いがあるまま送信してしまった場合、下記に連絡してください。
間違ったデータを削除した後、すべての項目に再回答していただく必要があります。

ストレスチェック相談・苦情窓口 stresscheck@adm.okayama-u.ac.jp

[Continue](#)

[◀ 2020年度ストレスチェック](#)

Jump to...

This is the end of the answer.

Click Continue, you can read your answers.

But you can't change the answer.

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Questionnaire administration
 Your response

Your response

Respondent: Submitted on: 2020, 6:06 PM

2021 The Brief Job Stress Questionnaire English version

1

A Please answer the following questions concerning your job.

1. Very much so 2. Moderately so 3. somewhat 4. not at all

1. I have an extremely large amount of work to do
2. I can't complete work in the required time
3. I have to work as hard as I can
4. I have to pay very careful attention
5. My job is difficult in that it requires a high level of knowledge and technical skill
6. I need to be constantly thinking about work throughout the working day
7. My job requires a lot of physical work
8. I can work at my own pace
9. I can choose how and in what order to do my work
10. I can reflect my opinions on workplace policy
11. My knowledge and skills are rarely used at work
12. There are differences of opinion within my department

	1	2	3	4
1. I have an extremely large amount of work to do	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I can't complete work in the required time	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have to work as hard as I can	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
4. I have to pay very careful attention	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. My job is difficult in that it requires a high level of knowledge and technical skill	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6. I need to be constantly thinking about work throughout the working day	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
7. My job requires a lot of physical work	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
8. I can work at my own pace	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I can choose how and in what order to do my work	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I can reflect my opinions on workplace policy	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. My knowledge and skills are rarely used at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
12. There are differences of opinion within my department	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Confirm again.

If you want to change your answer, Please contact the information desk below for any question.

You need to answer all question again after delete your data.

【Contact address】

Contact address : stresscheck@adm.okayama-u.ac.jp

The screenshot shows the Moodle user interface. At the top right, there is a blue navigation bar with icons for notifications, messages, and a user profile. A red circle highlights the user profile icon, which has opened a dropdown menu. The menu contains the following options: Dashboard, Profile, Grades, Messages, and Preferences. At the bottom of the menu, the 'Log out' option is highlighted with a red oval. Below the navigation bar, the page content includes a link 'Questionnaire English ve...', a heading 'ess Questionnaire English version', a sub-heading 'tation period (September 1 - 30, 2020).', and a paragraph 's. Thank you.'. At the bottom of the content area, there is a 'Jump to...' dropdown menu.

Please log out of the moodle.